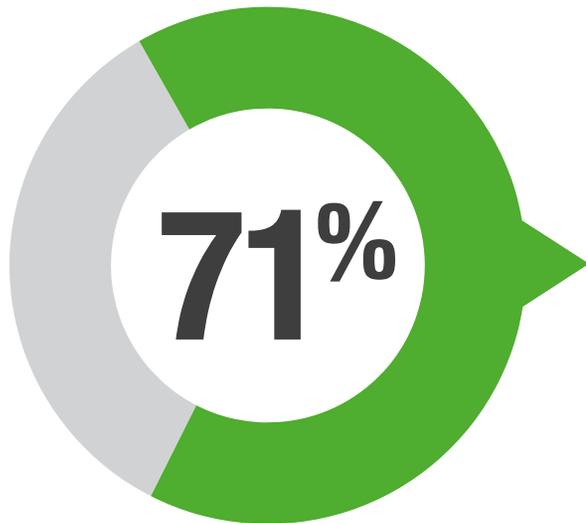


GOING SMOKE FREE IN YOUR HOME

· WHY IT MATTERS ·



**There is no safe level
of exposure to secondhand smoke.**

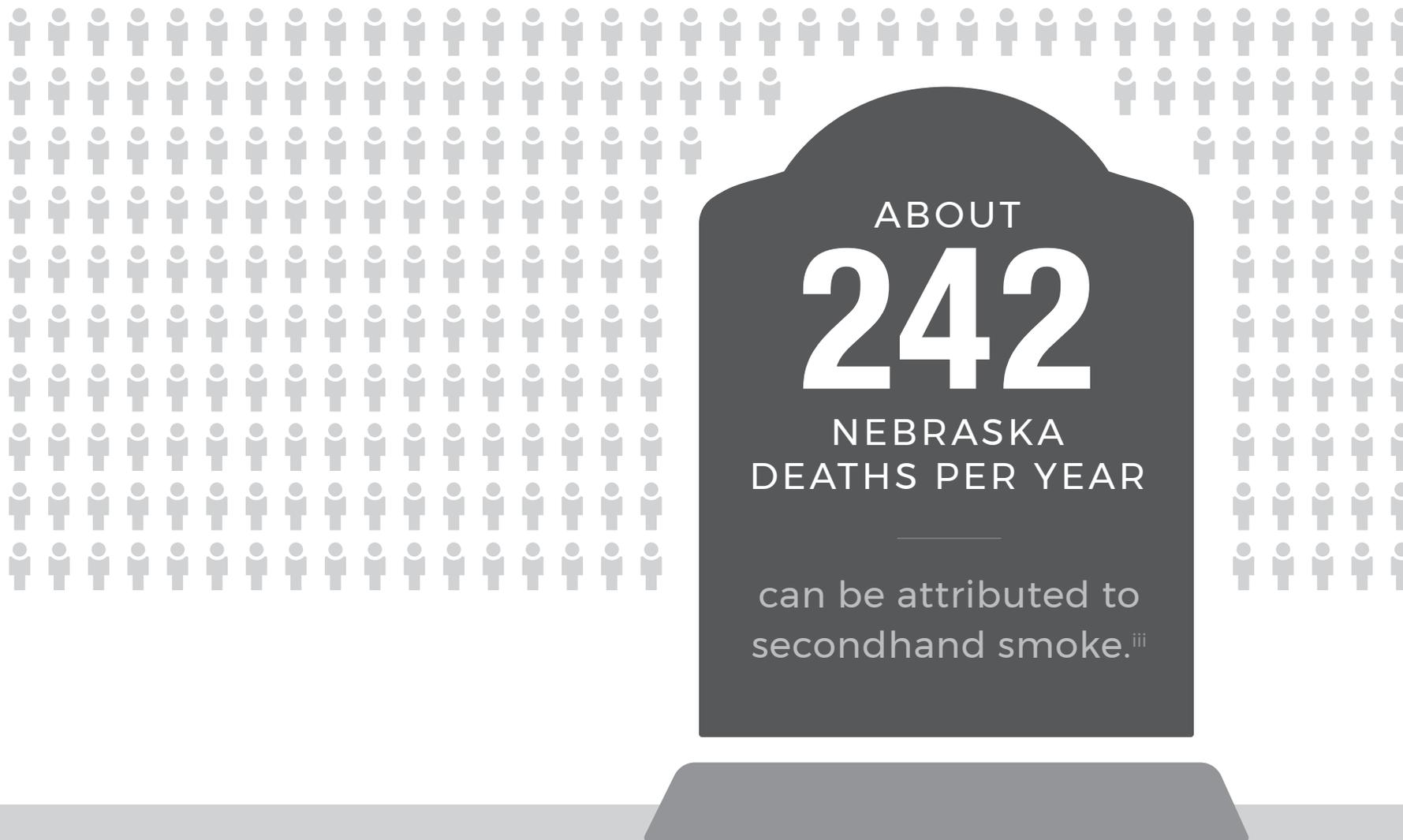


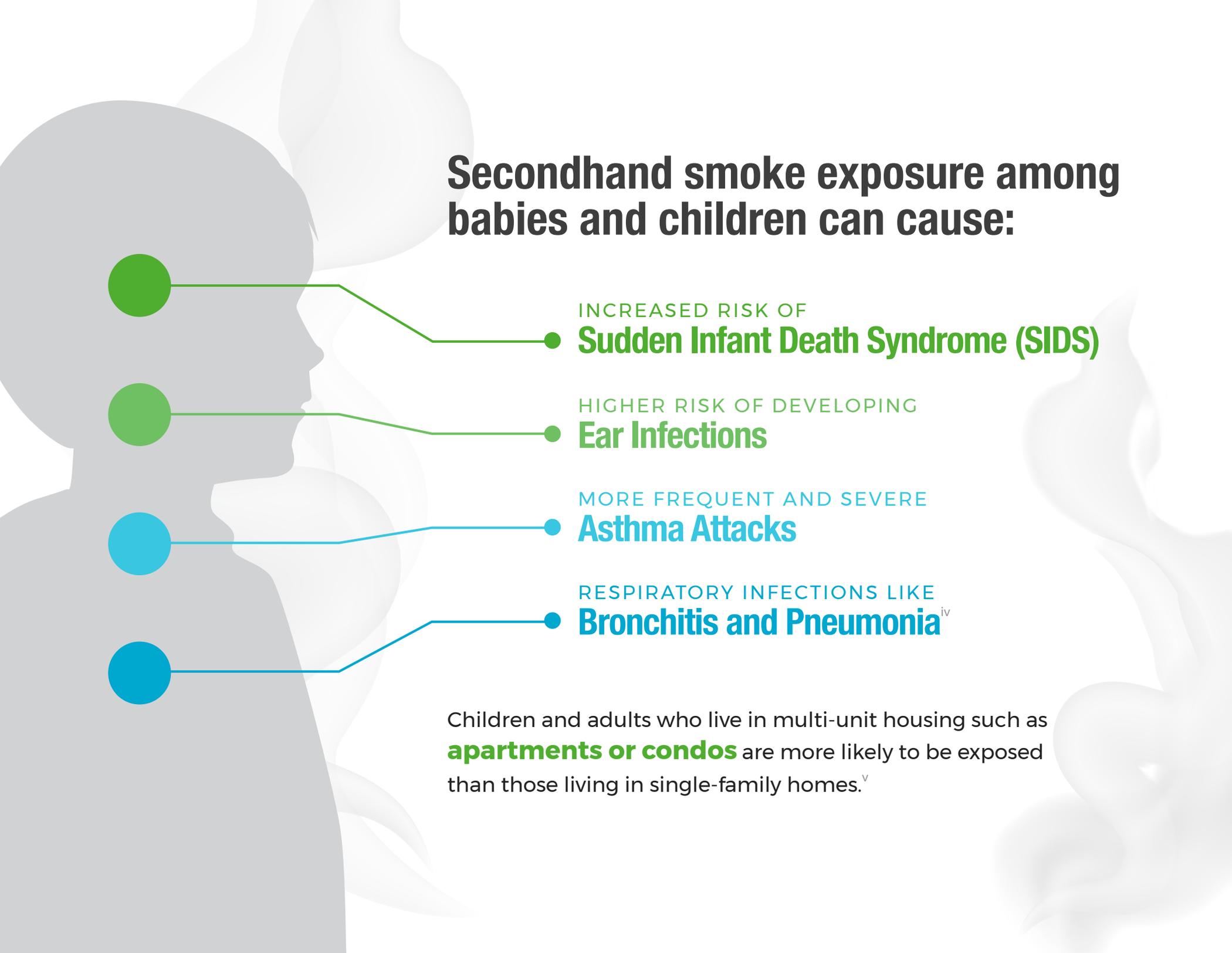
Seventy-one percent of households in Nebraska, where at least one person smokes, have a **no-smoking rule** inside the home.ⁱ

and yet...

Nearly **18,000** Nebraska children and youth under 18 are exposed to secondhand smoke in the home.ⁱⁱ

Loss of Life Due to Secondhand Smoke



An infographic featuring a grey silhouette of a child's head and shoulders on the left. To the right, there are four colored circles (two green, two blue) connected by lines to text boxes. In the background, there are faint, stylized grey shapes of a person's head and shoulders, and a white flame-like shape on the right side.

Secondhand smoke exposure among babies and children can cause:

INCREASED RISK OF

● **Sudden Infant Death Syndrome (SIDS)**

HIGHER RISK OF DEVELOPING

● **Ear Infections**

MORE FREQUENT AND SEVERE

● **Asthma Attacks**

RESPIRATORY INFECTIONS LIKE

● **Bronchitis and Pneumonia^{iv}**

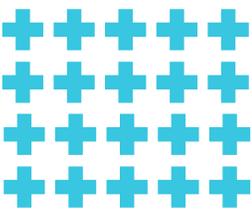
Children and adults who live in multi-unit housing such as **apartments or condos** are more likely to be exposed than those living in single-family homes.^v

2013–2015 Smoking-Related Fires^{vi}



- There were **521** smoking-related fires in Nebraska.
- **104** of these fires (**20%**) were in multi-family dwellings.

10 
civilian deaths

20 
civilian injuries

15 
firefighter injuries

TOTAL LOSS OF PROPERTY
DURING THESE THREE YEARS:

\$7.9 million

SMOKE-FREE AIR AT HOME IS:

HEALTHIER

REDUCE
HEALTH RISKS



CLEANER

REDUCE
SMOKE DAMAGE



SAFER

REDUCE
FIRE RISK



**GOING SMOKE FREE
IN YOUR HOME**

• MAKE IT A RULE! •



Smoke-Free Housing

Change is in the air.

Tobacco Free Nebraska

Nebraska Department of Health & Human Services • Division of Public Health

smokefree.ne.gov

ⁱ U.S. Department of Health and Human Services. The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2006 [accessed 8/20/2015].

ⁱⁱ Nebraska ATS 2015

ⁱⁱⁱ Source: Centers for Disease Control and Prevention. Secondhand Smoke Facts.

https://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/general_facts/index.htm Accessed 1/30/2017. – Adjusted for Nebraska’s population based on census data.

^{iv} U.S. Department of Health and Human Services. The Health Consequences of Smoking—50 Years of Progress: A Report of the Surgeon General. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014 [accessed 8/20/2015].

^v Source: Wilson KM, Klein JD, Blumkin AK, Gottlieb M, Winickoff JP. Tobacco Smoke Exposure in Children Who Live in Multiunit Housing. [PDF-575 KB] *Pediatrics* 2011;127(1):85-92 [accessed 8/20/2015].

^{vi} U.S. Department of Homeland Security, National Fire Incident Reporting System. Reports created and site accessed on 1/30/2017.